

Sobeys

SUMMER 2018

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Get More SUMMER!

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We're ready for the heat, and our stores are packed with more of everything we love about summer.

IN SEASON

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We're proud to bring you delicious in-season produce, and we've shared some of our favourite ways to grill it up.

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Make the harvest last a little longer with quick pickles and easy no-cook jam — no canning required!

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Kids can spend some sweet quality time with Grandma or Grandpa stirring up our fruity ice cream float.

27 | Get More Chill!

Stock up on sweet frozen desserts and whip up scrumptious ice cream pies to enjoy when the weather is hot, hot, hot.



On the Cover

Piri Piri Shrimp Skewers:
See page 21 for recipe.

**Frozen Watermelon Margaritas
and 5-Ingredient Broccoli Salad:**
Find these recipes online
at summer.sobeys.com

What's in Store THIS SUMMER

In this issue, there's more of everything we love about summer, from fresh weekend entertaining ideas to everyday meals that really sizzle.

More SWEET



Limited
Time Only!

Compliments
Celebrate Canada
Birthday Cookies,
350 g



These crunchy cookies, with their addictive cream cheese-flavoured icing, are a delicious way to celebrate our home and native land. They're only available for a limited time, so get 'em while they last!



More FUN

No dessert captures the sweetness of summer campfires more than s'mores. And our new Sugar Cone S'Mores recipe packs all that gooey marshmallow, chocolate and graham cracker goodness into a cone!

Compliments Mini
Marshmallows, 250 g



Compliments
Sugar Cones,
12 pk



Sugar Cone S'Mores

You can use any of your favourite chocolate chips in this recipe, or change it up with butterscotch chips or toffee bits.

PREP TIME: 5 min. | TOTAL TIME: 25 min.
SERVES: 8

2 Compliments Honey Graham Wafer pieces (4 wafers per piece)
1 cup (250 mL) Compliments Mini Marshmallows
½ cup (125 mL) chocolate chips
8 Compliments Sugar Cones

1. Break graham wafers into small bite-sized pieces. Mix in marshmallows and chocolate chips.
2. Stuff each sugar cone to the rim with marshmallow mixture. Wrap with double layer of foil to seal cone and filling completely.
3. Set on BBQ grill preheated to medium. Close lid and roast, turning occasionally, 5 to 8 min. Remove from grill. When cones are cool enough to handle, hold upright to unwrap. Serve warm.

PER SERVING (⅛ of the recipe)
200 Calories | 3 g Protein | 4.5 g Total fat |
2 g Saturated fat | 0 mg Cholesterol | 37 g Carbs |
1 g Fibre | 17 g Sugar | 90 mg Sodium



Sterling Silver®
Certified Tender
Rib-Eye



Butcher
Prepared

The Canadian
Chuck Medium
Ground Beef
Burger



Made-in-Store
Pork Kabobs

More SIZZLE

From juicy burgers (page 14) to tender steaks (page 16) to tasty kabobs (page 22), we'll make sure your summer is all about grilling and chilling.



NEW
Flavour

Sensations by
Compliments
Mediterranean-Style
Marinade,
350 mL



Sensations by
Compliments
Spirited Mickie
Dark & Stormy
Rum-Spice
BBQ Sauce,
375 mL



Sensations by
Compliments
Firehouse Steak
Marinade,
350 mL

More FLAVOUR

We have a wide range of marinades, seasonings and sauces available, so you can enjoy amazing flavour adventures all summer long! Check out our newest addition on page 12 — Spirited Mickie Dark & Stormy Rum-Spice BBQ Sauce gives our Jamaican-Style BBQ Chicken recipe a sweet, spicy twist. Look for more tasty inspiration in the sauces aisle.

**More
COLOUR!**

Sobeys is proud to work with farmers across Canada to bring you delicious and colourful summer produce at its peak.

Farm to Grill

Save a spot on the barbecue for these in-season summer fruits and veggies.

Strawberries

Choose bright red berries with no pale or soft spots. The more fragrant they are, the tastier they'll be. Wash strawberries just before eating to keep them fresh.

The average strawberry has 200 tiny seeds!



Pair it...

Mix equal parts balsamic vinegar and honey. Drizzle over strawberries for a tasty combo.

IN SEASON

Strawberry Shortcake Kabobs

Why grill strawberries? The heat boosts their sweetness and juiciness.

PREP TIME: 10 min. | **TOTAL TIME:** 25 min. | **MAKES:** 4 kabobs

½ Compliments Angel Food Cake, cut into 1-in. (2.5-cm) chunks
12 strawberries, stems removed
2 tbsp (30 mL) honey
¼ tsp (1 mL) ground cinnamon
1 cup (250 mL) plain Greek yogourt
4 wooden skewers (8 in./20 cm each), soaked

1. Alternately thread pieces of angel food cake and strawberries onto the skewers; set aside.
2. In small microwaveable bowl, mix together the honey, cinnamon and 1 tbsp (15 mL) water. Microwave mixture on HIGH for 30 sec. Stir again. Brush mixture over kabobs. Place on barbecue preheated to medium, grill until cake is golden brown, 1 to 2 min. per side, and strawberries are slightly softened.
3. Serve skewers with yogourt for dipping.

PER SERVING (1 kabob)
160 Calories | 7 g Protein | 1 g Total fat |
1 g Saturated fat | 0 mg Cholesterol | 31 g Carbs |
1 g Fibre | 32 g Sugar | 180 mg Sodium

**Compliments
Angel Food
Cake,**
283 g



Our Bakery Department has lots of luscious treats that make summer entertaining easy.

Tip
In-season berries freeze well. Buy extra to save for later.

Garlic-Herb Butter

Melt a pat of this richly flavoured butter over grilled or boiled corn. It's nice on fish or steak, too!

PREP TIME: 5 min. | **CHILL TIME:** 2 hr.
TOTAL TIME: 2 hr. 15 min.
MAKES: ¼ cup (175mL)

½ cup (125 mL) **Compliments Unsalted Butter**, softened
½ cup (125 mL) finely chopped parsley
¼ cup (60 mL) finely chopped **Compliments Organic Fresh Chives**
1 tbsp (15 mL) finely chopped **Compliments Organic Fresh Thyme**
1 tbsp (15 mL) garlic paste such as **Compliments Organic Garlic Seasoning Paste**
1 tbsp (15 mL) lemon juice
2 tsp (10 mL) Worcestershire sauce
½ tsp (2 mL) hot sauce
¼ tsp (1 mL) salt

1. In medium bowl, use the back of a spoon to mix together butter, parsley, chives, thyme, garlic, lemon juice, Worcestershire sauce, hot sauce and salt.

2. Scoop mixture onto a large piece of plastic wrap. Wrap the butter mixture; roll into a log about 1-in. (2.5-cm) thick. Chill until firm, 2 to 3 hr. Cut log into slices to serve with corn on the cob, other hot veggies, fish or steak.

PER SERVING (1 tbsp/15 mL)
70 Calories | 0.2 g Protein | 7 g Total fat |
4.5 g Saturated fat | 20 mg Cholesterol |
1 g Carbs | 0 g Fibre | 0 g Sugars | 60 mg Sodium

Tip

Leave a piece of stalk at the end of the cob — it makes a natural handle.

Corn

Look for firm kernels all the way to the top of the ear. Moist, bright green husks are a sign that the corn has reached peak ripeness.

You'll find cobs that contain yellow or white kernels, or a mix of both, in our Produce Department.

Sweet corn pairs nicely with garlic and herbs, as well as lime juice and chili powder.

Enjoy corn shortly after purchasing, when its natural sweetness is at its peak. Refrigerate if you're not eating it right away.

Peaches

Choose peaches with pink or orange skin, without green spots. Ripe ones have a strong aroma and aren't too hard or too soft (and will give a little when pressed).

Freestone peaches are easier to pit than clingstone.



A little lemon juice drizzled on cut peaches keeps them from browning.

Tip

You can use salmon portions instead of a whole fillet.

Grilled Peaches & Planked Salmon

Grilling the peaches separately ensures they pick up some delicious smokiness from the grill as their natural sugars caramelize.

PREP TIME: 10 min. | **TOTAL TIME:** 30 min.
SERVES: 4

4 peaches, halved and pitted
2 tsp (10 mL) vegetable oil
½ tsp (2 mL) salt
¼ cup (60 mL) chopped **Compliments Organic Fresh Basil**, plus leaves for garnish
¼ cup (60 mL) chopped green onion
2 tbsp (30 mL) honey
2 tsp (10 mL) lemon juice
1¼ lb (625 g) centre-cut, skin-on whole salmon fillet (or similar weight in portioned, skinless fillets)

1 Compliments Red Cedar Grilling Plank, soaked

1. In bowl, combine peach halves with oil and salt; gently turn to coat. Grill, cut-side down,

on high heat for 1 min. Turn over and grill another 1 min. Remove from heat to cool.

2. Chop cooled peaches into ½-in. (1-cm) cubes. Mix with basil, green onion, honey and lemon juice. Reserve half of peach salsa to serve on side later.

3. Place whole salmon fillet (skin-side down) or portioned fillets on cedar plank; top with remaining peach salsa. Grill on medium heat, with lid closed, 10 to 15 min., or until fish begins to flake and flesh is opaque (internal temperature of 158°F/70°C). Lift lid periodically to check fish and plank don't scorch excessively. Spray any flare-ups with water mister.

4. Remove planked salmon from grill. Garnish with additional basil leaves. Serve with reserved peach salsa.

PER SERVING (¼ of the recipe)
340 Calories | 33 g Protein | 13 g Total fat |
2 g Saturated fat | 90 mg Cholesterol | 24 g Carbs |
2 g Fibre | 22 g Sugars | 360 mg Sodium

Compliments Organic Fresh Basil, 1 bunch



Try our maple planks, too!



Compliments Red Cedar Grilling Plank

Compliments Unsalted Butter, 454 g



What's Fresh & Local Near You?

Visit [sobeys.com/flyer](https://www.sobeys.com/flyer) to find out which fruits and veggies are ripe and ready in your area.

Grilled Red Pepper Egg Cups

Tangy barbecue sauce brings out the natural sweetness of the grilled peppers.

PREP TIME: 10 min. | **TOTAL TIME:** 30 min.
SERVES: 8

4 large red peppers, halved lengthwise, seeded
2 tbsp (30 mL) olive oil
½ cup (75 mL) **Sensations by Compliments Kansas City Style Smokey Barbecue Sauce**
8 **Sensations by Compliments Edam Cheese, Sliced**
8 eggs
¼ tsp (1 mL) each salt and black pepper
2 tbsp (30 mL) finely chopped fresh cilantro

1. In bowl, toss pepper halves with oil. Brush insides of peppers with barbecue sauce. Place, cut-sides down, on grill preheated to medium-high. Cook 4 to 5 min., or until lightly charred and slightly softened. Remove from grill. Place a cheese slice inside each pepper half, pressing cheese against sides. Crack an egg into each pepper cup. Season with salt and pepper.

2. Reduce heat to medium. Place peppers back on grill over indirect heat. Close barbecue lid. Cook 15 to 20 min., or until whites are just set and yolks are still soft, or to desired doneness. Sprinkle with cilantro to serve.

PER SERVING (⅛ of the recipe)
220 Calories | 12 g Protein |
15 g Total fat |
6 g Saturated fat |
205 mg Cholesterol |
11 g Carbs | 2 g Fibre |
8 g Sugars |
350 mg Sodium

Sensations by Compliments Kansas City Style Smokey Barbecue Sauce, 425 mL



Tip

Trim off and discard the white veins inside peppers — they can be slightly bitter.

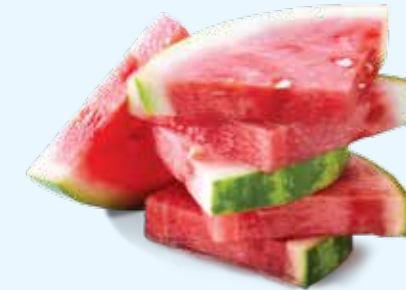
More Thrills on the GRILL

Grilling is your secret weapon for making fresh ingredients taste even better. Here are six more produce superstars to put on the barbecue.



EGGPLANT

Grill whole eggplant until soft and skin is charred all over. Scoop out flesh, and mash with garlic and olive oil for a quick dip.



WATERMELON

Grill wedges just until marked to caramelize natural sugars and add smokiness. Whisk honey with lime juice and brush overtop.



Compliments Naturally Simple Tzatziki Yogourt & Cucumber Dip, 227 g

Tip

Try grilled zucchini dipped in tzatziki or hummus.



ZUCCHINI

Grill thick slices until tender, and drizzle with a lemony vinaigrette.



TOMATOES

Grill halves or thick slices just until marked. Serve with fresh mozzarella, basil and olive oil for a barbecued take on a Caprese salad.



ONIONS

Pop thick wedges or rings directly on the barbecue or cook in grill basket. Grill until tender and use to top burgers, pizzas or salads.



PORTOBELLO MUSHROOMS

Grill caps until softened. Spoon in ready-made bruschetta topping for a quick appetizer.

Peppers

Pick peppers that look plump and feel firm, with shiny skin and no soft spots. Store them in the crisper.

Colourful peppers are simply riper versions of green peppers.



Yellow and orange peppers are also sweet — you can swap them for red.

Pair it...

Salty feta cheese and red peppers are a summery match made in heaven.





SUMMER in a Jar

Making these tasty in-season favourites is way easier than canning. Pick it, pack it and you're done!

Visit summer.sobeys.com and try your hand at Fresh Baby Dill Pickles.

Quick pickles and jams are a fresh take on preserving that makes in-season produce last longer — without canning. In about half an hour, you'll have delicious treats that only need to sit and chill. In fact, these three recipes are so easy, they're a great way to start a new harvest-time family tradition.



Compliments White Vinegar, 4 L



Compliments Whole Black Pepper, 120 g



Compliments Organic Fresh Dill, 1 bunch



Serve pickled cherries on charcuterie and cheese trays, or alongside grilled meats.

Quick Pickled Spiced Cherries

A cherry pitter is a handy tool — it's also great for pitting olives.

PREP TIME: 5 min. | **MARINATE TIME:** 24 hr.
TOTAL TIME: approx. 24 hr.
MAKES: 2 cups (500 mL)

2 cups (500 mL) cherries, pitted
2 whole cloves
1 sprig **Compliments Organic Fresh Thyme**
1 tsp (5 mL) coriander seeds
1 tsp **Compliments Whole Black Pepper**
½ tsp (2 mL) allspice berries
½ cup (125 mL) **Compliments Apple Cider Vinegar**
⅓ cup (75 mL) sugar
2 tsp (10 mL) pickling or kosher salt

1. Pack cherries, cloves, thyme, coriander seeds, peppercorns and allspice berries in 2-cup (500-mL) canning jar. You may have a few cherries left over.

2. In small saucepan, combine vinegar, ¼ cup (60 mL) water, sugar and salt; bring to a simmer until salt dissolves. Pour hot brine over cherries filling to about ¼ in. (5 mm) below the jar rim. Seal with lid. Cool to room temperature then chill 24 hr. before serving. Store in fridge up to 1 week.

PER SERVING (¼ of the recipe)
45 Calories | 0.4 g Protein | 0 g Total fat |
0 g Saturated fat | 0 mg Cholesterol | 11 g Carbs |
1 g Fibre | 9 g Sugars | 290 mg Sodium



Swap the green beans for asparagus, small cauliflower florets, carrot sticks or cucumber spears.



Quick Pickled Beans with Garlic & Dill

Garnish a Caesar or Bloody Mary with these zesty beans.

PREP TIME: 10 min. | **MARINATE TIME:** 24 hr.
TOTAL TIME: approx. 24 hr. | **MAKES:** 4 cups (1 L)

6 sprigs **Compliments Organic Fresh Dill**
2 cloves garlic, peeled
1 red or green finger chili, thinly sliced
1 tbsp (15 mL) pickling spice
1 lb (500 g) green beans, trimmed
2 cups (500 mL) **Compliments White Vinegar**
1 tbsp (15 mL) pickling or kosher salt

1. Into two 2-cup (500 mL) canning jars, divide the dill sprigs, garlic, chili slices (2 to 4 slices per jar) and pickling spice (1 ½ tsp/7 mL per jar). To stand beans upright, lay the jars on their sides while filling with beans. Trim if beans extend past rims. Alternatively, put all ingredients into one 5-cup (1.25 L) canning jar. Stand jars upright; set aside.

2. In saucepan over medium heat, simmer 3 cups (750 mL) water, plus the vinegar and salt. Simmer until salt dissolves, about 5 min.

3. Pour the hot brine into the jars, filling to about ¼ in. (5 mm) below the rims. Seal with lids. Cool to room temperature then chill 24 hr. before serving. Store in fridge up to 2 weeks.

PER SERVING (4 beans)
10 Calories | 0 Protein | 0 g Total fat |
0 g Saturated fat | 0 mg Cholesterol | 2 g Carbs |
0 g Fibre | 1 g Sugars | 180 mg Sodium



Just two pint-size boxes of fresh blueberries make four jars of this simple, refreshing jam.



No-Cook Tangy Blueberry Freezer Jam

A food processor or immersion blender breaks up blueberry skins better than a hand masher.

PREP TIME: 5 min. | **REST TIME:** 12 hr.
TOTAL TIME: approx. 12 hr. | **MAKES:** 4 cups (1 L)

2 pints (approx. 3 ½ cups/875 mL) fresh blueberries
1 ¾ cups (425 mL) sugar
zest of 1 lemon
¼ cup (60 mL) lemon juice, or to taste
½ tsp (2 mL) ground cinnamon (optional)
1 pouch (85 mL) liquid pectin

1. Place blueberries in large bowl. Crush with potato masher to split open berries. Pulse with an immersion blender or food processor to further break up skins into smaller pieces to preferred texture.

2. Into blueberry mixture in bowl, stir in sugar, zest and half the lemon juice. If more tartness is preferred, add remaining lemon juice. Whisk in cinnamon, if using. Let stand 15 min. Add pectin, stirring 3 min., to dissolve sugar completely.

3. Divide blueberry mixture into four 1-cup (250-mL) freezer-safe containers with tight-fitting lids, leaving ½ in. (1 cm) room at top. Cover loosely with lids. Let rest at room temperature 12 hr. The jam is ready to eat. Seal lids tightly and store refrigerated up to 3 weeks. Or freeze up to 6 months.

PER SERVING (1 tbsp/15 mL)
30 Calories | 0 g Protein | 0 g Total fat |
0 g Saturated fat | 0 mg Cholesterol | 7 g Carbs |
0 g Fibre | 6 g Sugars | 0 mg Sodium



Dinner Gets Saucy

Compliments sauces and dressings give you a head start on delicious grilled dinners any time. Grab a bottle and make one of our fun new recipes, or choose an even faster ready-made option with these flavour boosters built right in.

Try all 8 flavours!



NEW Flavour!

Ginger and Spice and Everything Nice

The spiced rum flavour of our new Dark & Stormy sauce makes summer grills more exciting.

Sensations by Compliments Spirited Mickie Dark & Stormy Rum-Spice BBQ Sauce, 375 mL



Prepared Fresh Daily, Large Caesar Salad, assorted sizes



Sensations by Compliments Chicken Thighs

Jamaican-Style BBQ Chicken

Ginger ale acts like sugar in this marinade, adding a spicy sweetness.

PREP TIME: 10 min.
MARINATE TIME: 1 hr.
TOTAL TIME: 1 hr 35 min.
SERVES: 4

1 cup (250 mL) **Compliments Ginger Ale**

2 tbsp (30 mL) finely chopped fresh thyme
2 tbsp (30 mL) canola oil
2 tbsp (30 mL) lime juice

2 tbsp (30 mL) soy sauce
2 cloves garlic, minced
½ tsp (2 mL) each salt, pepper, ground cinnamon and allspice
3 lb (1.5 kg) bone-in, skin-on chicken pieces (breast, thigh or legs)

½ cup (125 mL) **Sensations by Compliments Spirited Mickie Dark & Stormy Rum-Spice BBQ Sauce**

1. In large bowl, stir together ginger ale, thyme, oil, lime juice, soy sauce, garlic, salt, pepper, cinnamon and

allspice. Add chicken; turn to coat. Cover and marinate in fridge 1 to 4 hr.

2. Cook chicken on grill preheated to medium, 20 to 25 min., or until thickest part of meat reaches 165°F (74°C) on an instant-read thermometer. Turn chicken pieces often. In last 2 min. of grilling, brush with Spirited Mickie Dark & Stormy Rum-Spice BBQ Sauce.

PER SERVING (¼ of the recipe)
460 Calories | 50 g Protein | 23 g Total fat | 6 g Saturated fat | 225 mg Cholesterol | 14 g Carbs | 0 g Fibre | 12 g Sugars | 570 mg Sodium

EVERYDAY GRILLING



GRILL & SERVE
Available with vegetarian or meat toppings, our dressed flatbreads can be served with any meal or as a simple main dish.
Deli Prepared Flatbreads, 234–315 g



FULLY COOKED
These ribs are generously brushed with one of our signature smoky sauces. Thaw and grill for a quick dinner.
Sensations by Compliments Kansas City-Style Pork Back Ribs in Barbecue Sauce, 680 g

100% Canadian pork.

Grilled Shrimp & Kale Ranch Salad

Skewer the shrimp or cook in a grill basket to make turning extra easy.

PREP TIME: 5 min. | **TOTAL TIME:** 10 min.
SERVES: 4

1 bag (454 g) **Sensations by Compliments Uncooked Extra Large Black Tiger Shrimp** (26/30 ct), thawed

½ cup (75 mL) **Sensations by Compliments Southwest Spicy Marinade**

1 box (142 g) baby greens such as **Compliments Organic Mixed Baby Kale**

1 cup (250 mL) croutons such as **Compliments Cheese & Garlic Croutons**

½ cup (75 mL) **Compliments Ranch Dressing**

1 avocado, halved, pitted, peeled and diced
lime wedges for squeezing

1. Toss shrimp with marinade. Grill on medium-high heat 3 to 5 min., turning occasionally, until cooked through (internal temperature reaches 165°F/74°C). Remove from grill.

2. Toss together kale, croutons and dressing. Divide among 4 plates. Top with shrimp and avocado. Serve with lime wedges.

PER SERVING (¼ of the recipe)
380 Calories | 29 g Protein | 20 g Total fat | 2.5 g Saturated fat | 210 mg Cholesterol | 22 g Carbs | 2 g Fibre | 7 g Sugars | 630 mg Sodium

Sensations by Compliments Southwest Spicy Marinade, 350 mL



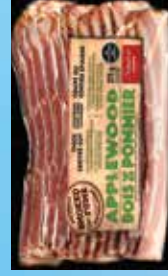
Compliments Ranch Dressing, 475 mL



SUPPER IN 10!
Juicy shrimp cooks up in minutes, so keep an extra bag in the freezer for nights when you need dinner in a hurry.
Sensations by Compliments Uncooked Extra Large Black Tiger Shrimp, 454 g, 26–30 pieces

Get More
BURGER!

**Ready to create the
burger you've always
dreamed of? We
have all the building
blocks you need.**



**Sensations by Compliments
Applewood Naturally
Smoked, Thick, Centre
Cut Bacon, 375 g**



The Canadian Chuck Medium Ground Beef Burger

Tangy
TOMATO!



**Sensations by
Compliments Original
or Whole Wheat Naan
Rounds, 480 g**



**Compliments Garlic
Dill Pickles. 1 L**

Peppery ARUGULA!



**Compliments Sweet
Green Relish. 500 mL**



**Sensations by
Compliments Sliced
Cheese**, made with
100% Canadian milk,
150-170 g



**Compliments
Horseradish Mayo
Sandwich Spread,**
300 mL



**Compliments
Breaded Chicken
Burgers, 8 pk**



**Compliments
Tomato Ketchup,
100% Canadian
Tomatoes, 1 L**



**Sensations by
Compliments Deluxe
Hamburger Buns, 8 pk**



Tropical TOPPERS

Made fresh in-store, these salsas are great with chips, but they add exciting flavours to your favourite burgers, too. Find them in the Produce Department.



NEW!

Mango Salsa
Pineapple
Salsa

YUM!

! CAUTION Dangerously Delicious Burgers Ahead!

11.99 every day

Sensations by Compliments frozen burgers.
Selection varies by store.

Sensations by Compliments Sterling Silver® Chuck Beef Burgers, 8 pk

Sensations by Compliments Prime Rib Beef Burgers, 8 pk

Sensations by Compliments Cheddar Stuffed Beef Burger, 6 pk

Sensations by Compliments Angus Beef Burgers, 8 pk

Sensations by Compliments 100% Pure Beef Burgers, 8 pk

Frozen and ready to grill, these patties are the start of a delicious summer.

Tender, juicy and delicious burgers with no artificial flavours or colours!



The TENDER Touch

Our Sterling Silver® Certified Tender* steaks are so good, you won't believe how easy it is to get juicy, delicious results every time. Just follow our simple steps and you're on your way to the perfect steak.

3 Steps to the PERFECT STEAK

Follow our method and you'll be serving up tender, juicy steaks like a pro.

- 1. DRY** Steaks brown best when their exteriors are dry. Pat off any surface moisture with a paper towel before seasoning and cooking.
- 2. SEASON** Sprinkle steaks with fine-grain table or sea salt, or medium-grain kosher salt. Add some freshly ground pepper or a favourite seasoning blend, if you like.
- 3. COOK** Whether you use charcoal or gas, it's important to have two heat zones for grilling steaks. One should be hot enough to brown the meat but not so fiery that the exterior burns or dries out before the inside is done. The other should be cooler for finishing up thick steaks or moving pieces away from flare-ups, which can impart a bitter flavour. Generally, steaks less than 1 in. (2.5 cm) thick can be cooked completely in the hot zone, whereas thicker steaks can be browned in the hot zone and then moved into the cooler zone to finish cooking.

EVERYDAY GRILLING



THE CERTIFIED TENDER* ADVANTAGE

When you're choosing a steak to grill, look for the Certified Tender* shield. It means the meat has been certified by the Canadian Beef Grading Agency to be tender and aged perfectly, so you can count on delicious results. You'll only find this label on Sterling Silver® premium cuts.

TENDERLOIN → Also known as filet mignon, tenderloin is almost buttery in texture. It's cut thick and can be wrapped in bacon for a smoky flavour boost.

SHORT LOIN ← Also known as T-bone, or porterhouse when it's cut thick, short loin gives you the best of both worlds. On one side of the bone you get a strip loin, on the other, a tasty tenderloin.

STRIP LOIN → Also known as New York strip, strip loin is juicy and has a satisfying, tender texture.

RIB-EYE ← One of the most prized cuts of beef, rib-eye is well marbled, giving you an extremely juicy and tender steak.

BONE-IN RIB → This is simply a rib-eye with the bone left in, which helps keep the meat next to it tender and juicy as it cooks. This steak makes a spectacular main for entertaining.

*CBGA certifies that this product meets process requirements for Certified Tender beef. For more information on Certified Tender beef, visit CertifiedTenderBeef.ca

Grilled Mini Potato & Garlic Skewers

Boiling and then grilling the garlic gives it a sweetness and makes it less pungent.

PREP TIME: 5 min. | **TOTAL TIME:** 30 min.
SERVES: 4

20 mini red or white potatoes
10 large garlic cloves, halved lengthwise
2 tbsp (30 mL) olive oil
1 tbsp (15 mL) chopped fresh rosemary
½ lemon, juiced
½ tsp (2 mL) each salt and pepper
4 long metal or wood skewers (soaked)

1. In saucepan, boil the potatoes until just cooked but firm enough to hold their shape, about 8 to 10 min. Use slotted spoon to transfer potatoes to a bowl. Reduce saucepan to a simmer; add the garlic and cook 1 to 2 min., until garlic begins to soften. Transfer garlic to bowl of potatoes.

2. Add olive oil, rosemary, lemon juice, salt and pepper into the bowl. Turn to coat potato mixture. Let cool.

3. Alternating potatoes and garlic, thread onto skewers. Grill over medium-high heat about 8 min., or until potatoes are cooked through and skins begin to turn golden. Brush occasionally with oil mixture remaining in bowl.

PER SERVING (¼ of the recipe)
180 Calories | 3 g Protein | 7 g Total fat |
1 g Saturated fat | 0 mg Cholesterol | 27 g Carbs |
4 g Fibre | 1 g Sugars | 300 mg Sodium



Quick, Easy & Hearty

Serve these tasty skewers with a simple steak and a quick-toss salad for a meat-and-potatoes meal that's made for summer.



ADD SOME COLOUR

This pretty blend of blue-, yellow- and red-skinned potatoes is also terrific for chunky potato salads. **Compliments Medley Petites Potatoes**, 680 g



FRESH & FAST

Toss together one of our bagged salad kits any time you need a delicious, no-sweat salad. **Compliments Mediterranean Inspired Blend Chopped Salad Kit**, 312 g

Look for wine in select stores.



HOMEMADE GAME-DAY EATS

FIND MORE RECIPES AT [SOBEYS.COM/BLUEJAYS](https://www.sobeys.com/bluejays)



Home Run Yogourt Pops

Show off your game-day spirit with these blue-hued refreshers.

PREP TIME: 10 min.
FREEZE TIME: 4 hrs.
TOTAL TIME: 4 hr. 20 min.
SERVES: 10

¼ cup (60 mL) Greek yogourt
2 tbsp (30 mL) agave syrup
2 tbsp (30 mL) lemon juice
1 tsp (5 mL) vanilla extract
a few drops blue food colouring
30 mini marshmallows
3 tbsp (45 mL) dried cranberries
½ cup (125 mL) fresh blueberries

1. In blender, process 2 ½ cups (625 mL) cold water, yogourt, agave syrup, lemon juice, vanilla and food colouring until combined. Using a spoon, remove and discard froth from surface. Pour mixture into ten ⅓-cup (75-mL) ice pop moulds. Drop equal quantities of next ingredients into moulds in this order: marshmallows, dried cranberries, blueberries.

2. Freeze 4 to 6 hr., or until firm. Unmould to serve.

TIP
Substitute agave syrup with honey.

PER SERVING (1 ice pop)
40 Calories | 1 g Protein |
0.2 g Total fat | 0.1 g Saturated fat |
0 mg Cholesterol | 9 g Carbs |
0 g Fibre | 7 g Sugars | 3 mg Sodium

Sobeys

PROUD PARTNER OF THE



Our customers and our employees are huge fans of baseball, the quintessential summer sport. Sobeys is proud to support the *Toronto Blue Jays™* and help connect our customers to the game we all love.

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Get More SUMMER!



Tip
Store-bought dough makes this pizza easy for entertaining.

Turn a simple cookie mix into this tasty cobbler topping!

Trail mix adds crunch and sweetness.

Piri Piri Shrimp Skewers
For a big holiday weekend crowd, simply double or triple this recipe.

PREP TIME: 15 min. | **TOTAL TIME:** 30 min.
SERVES: 4

1 pkg (454 g) **Sensations by Compliments Uncooked Extra Large Black Tiger Shrimp** (26/30 count), thawed
1 small zucchini, cut into rounds
1 red pepper, cut into 1-in. (2.5-cm) pieces
½ red onion, cut into 1-in. (2.5-cm) pieces
¼ cup (60 mL) spicy marinade such as **Sensations by Compliments Piri Piri Marinade**
1 tbsp (15 mL) finely chopped fresh chives
lime wedges, for serving
4 metal skewers (12 in./30 cm each) or 8 shorter wooden skewers (soaked)

1. Alternating ingredients, thread shrimp and vegetable pieces onto skewers. Brush on marinade.
2. Place skewers on grill preheated to medium-high. Cook 3 to 5 min., turning once, or until shrimp is cooked through (internal temperature 165°F/74°C) and veggies are tender.
3. Sprinkle with chives. Serve with lime wedges.

PER SERVING (¼ of the recipe)
140 Calories | 26 g Protein | 2 g Total fat | 0 g Saturated fat | 200 mg Cholesterol | 5 g Carbs | 1 g Fibre | 3 g Sugars | 410 mg Sodium

Summer Weekend Crowd-Pleasing MENU

Long weekends make summer worth waiting for. Welcome guests to a big bash featuring this guaranteed-to-please lineup.

- Piri Piri Shrimp Skewers
- Herb-Marinated Flank Steak
- Grilled Tomato Pizza with Summer Greens Pesto
- 5-Ingredient Broccoli Salad
- One-Skillet BBQ Peach & Raspberry Cobbler
- Strawberry Thyme Iced Tea



Sensations by Compliments Piri Piri Marinade, 350 mL



Compliments Gluten-Free Cookie Mix, 400 g



Compliments Zesty Italian Dressing, 475 g



Compliments Pizza Dough, 650 g



Compliments Fruit & Nut Trail Mix, 400 g



Great for mocktails!
Sensations by Compliments Strawberry Italian Soda, 750 mL

BBQ Crescent Roll Dogs

That's right — you can grill this dough!

PREP TIME: 5 min. | **TOTAL TIME:** 25 min.
SERVES: 4

1 pkg (226 g) **Compliments Crescent Rolls**

4 **Compliments German Style Smoked Sausages**

1. Separate dough into 4 rectangles (do not pull apart the “triangles” of dough). Place each sausage along the length of a dough rectangle, at the edge. Roll the dough around the sausage (the sausage ends will stick out). Pinch perforations and seams together.

2. Place dogs on barbecue preheated to medium heat. Grill 1 to 2 min, turning once, to firm up the dough and get it grill-marked.

3. Transfer dogs to disposable aluminum foil tray placed on top rack of barbecue. Close lid. Cook, turning once, 12 to 15 min. until dough is golden brown and sausage is heated through. Serve with ketchup, mustard and relish, if desired.

PER SERVING (¼ of the recipe)
470 Calories | 17 g Protein | 32 g Total fat |
13 g Saturated fat | 50 mg Cholesterol |
29 g Carbs | 2 g Fibre | 6 g Sugars |
1130 mg Sodium



FUN for Everyone!

Whether you're a kid or a grown-up, the weekend is made for playtime. Have everyone stay for dinner when the games are done — it's easy with this mix of homemade and ready-to-eat favourites.



Compliments Crescent Rolls, 226 g

Look for more of your favourite freshly baked treats in our Bakery Department.



Baked-in-Store Cookies



NO PREP!
Serve these tender pork, pepper and onion skewers with tasty dips or in pitas.
Made-in-Store Kabobs



Compliments Real Mayonnaise, 890 mL

IT'S THE WEEKEND!

Dill Pickle Potato Salad

Dill pickle juice is a terrific flavour booster, and it gives this tasty salad a tangy zip.

PREP TIME: 15 min.

TOTAL TIME: 50 min. | **SERVES:** 8

2 lb (1 kg) yellow-fleshed potatoes, unpeeled

¼ cup (60 mL) pickle juice, from jar of **Compliments Baby Dill Pickles**

½ cup (125 mL) **Compliments Real Mayonnaise**

1 tbsp (15 mL) **Compliments Apple Cider Vinegar**

1 tbsp (15 mL) **Sensations by Compliments Dijon Mustard**

¾ tsp (4 mL) salt

¼ tsp (1 mL) pepper

½ cup (125 mL) finely diced celery

3 green onions, thinly sliced, plus more for garnish

¼ cup (60 mL) finely chopped **Compliments Baby Dill Pickles**

4 hard-boiled eggs, chopped

1. Place potatoes in a large saucepan and fill with salted cold water to cover. Bring to a boil. Reduce heat to medium. Cook 20 to 25 min., or until potatoes

are tender. Drain and cool slightly. Peel and cube. While potatoes are still warm, toss with pickle juice. Cool completely.

2. Whisk together mayonnaise, vinegar, mustard, salt and pepper. Toss with potato mixture, celery, green onions and pickles. Fold in hard-boiled eggs. Sprinkle with green onion to garnish. Keep chilled until serving.

PER SERVING (¼ of the recipe)
250 Calories | 6 g Protein |
14 g Total fat | 2.5 g Saturated fat |
105 mg Cholesterol | 26 g Carbs |
3 g Fibre | 2 g Sugars | 530 mg Sodium



Take It TO GO

Pack up these favourites and you're ready for delicious times, no matter where the road leads you!

Coleslaw with Mustard Vinaigrette

White vinegar gives this slaw an extra tangy edge. Try it as a sausage topper.

PREP TIME: 10 min. | **TOTAL TIME:** 25 min.
SERVES: 8

3 tbsp (45 mL) **Compliments Canola Oil**
3 tbsp (45 mL) **Compliments White Vinegar**
1 tbsp (15 mL) **Compliments Prepared Mustard**
1 clove garlic, minced
4 tsp (20 mL) sugar
1 tsp (5 mL) salt
¼ tsp (1 mL) pepper
1 bag (454 g) **Compliments Coleslaw**
2 tbsp (30 mL) finely chopped fresh parsley
½ tsp (2 mL) celery seeds

1. In large bowl, whisk together oil, vinegar, mustard, garlic, sugar, salt and pepper. Toss with coleslaw mix. Stir in parsley and celery seeds. Let stand 10 min. before serving.

PER SERVING (⅛ of the recipe)
70 Calories | 1 g Protein | 5 g Total fat |
0.4 g Saturated fat | 0 mg Cholesterol |
6 g Carbs | 1 g Fibre | 4 g Sugars | 330 mg Sodium

Tip

Serve salads straight from the cooler to keep them chilled and food-safe.



Compliments Coleslaw,
454 g

Pack your cooler right with our illustrated step-by-step guide at summer.sobeys.com

Classic Mixed Bean Salad. Find this recipe online at summer.sobeys.com



FLAVOUR-PACKED

These savoury sausages have bacon and cheese on the inside — just add your favourite condiments.

Compliments Bacon & Cheddar Smoked Sausages,
900 g–1 kg



Don't forget the buns!

Sensations by Compliments Deluxe Sausage Buns,
6 pk



GET YOUR CRUNCH ON

There's nothing tame about these chips! Available in your favourite flavours, they're a summer party starter.

Compliments Extraaa! Sour Cream & Onion Chips, 200 g



Sensations by Compliments Brewed Iced Tea, 1.75 L



Compliments Sparkling Water, 1 L



IT'S THE WEEKEND!

More CONVENIENCE

Make sure to pack these essentials for your next outing.
TIP: If you're grilling, have everyone write their name and order on the back of a plate — no guessing who wanted what!



Compliments Luncheon Paper Plates,
50 pk

Compliments Plastic Beer Cups, 50 pk



Compliments Premium Dinner Napkins,
100 pk



Compliments Kid's Sunscreen Lotion,
237 mL



Don't forget to pack sunscreen!



CHEERS to Summer

This kid-friendly recipe is easy for little ones to make when spending some sweet quality time with Grandpa or Grandma.



Sensations by Compliments Strawberry Ice Cream, 500 mL



Sensations by Compliments Lemonade, 1.75 L

Fizzy Lemonade & Strawberry Floats

Cut a slit up the centre of the berry so it sits prettily on the rim of the glass.

PREP TIME: 10 min. | **TOTAL TIME:** 15 min. **SERVES:** 4

1½ cups (325 mL) **Sensations by Compliments Strawberry Ice Cream**

1 cup (250 mL) chopped strawberries, plus whole strawberries for garnish

¼ cup (60 mL) chopped fresh mint, plus leaves for garnish (optional)

1 tbsp (15 mL) finely grated lemon zest, plus extra for garnish (optional)

2 cups (500 mL) **Sensations by Compliments Lemonade**

1 to 2 cups (250 to 500 mL) **Sensations by Compliments Carbonated Spring Water**

1. Divide ice cream, chopped strawberries, mint and lemon zest, if using, and lemonade into 4 tall glasses. Muddle mixture with a spoon. Top with carbonated spring water. Garnish with whole strawberries, mint leaves and lemon zest, if desired.

PER SERVING (¼ of the recipe)
210 Calories | 3 g Protein | 8 g Total fat | 4.5 g Saturated fat | 50 mg Cholesterol | 33 g Carbs | 1 g Fibre | 31 g Sugars | 35 mg Sodium



Get More CHILL!

NEW!

Caramel Praline Pecan Crunch

Raspberry Lemonade

Vanilla & Milk Chocolate

Mango Peach

Vanilla & Almonds

Pina Colada

Tip
Poke the wooden stick through a paper muffin cup and slide the cup up to catch any drips.

Hot summer days are made for cooling off with a frosty dessert. Grab some frozen pops or serve a simple homemade ice cream pie and get ready to chill out.



Ice Cream Pie with Summer Berries

To make clean, neat slices, dip your knife in hot water and wipe dry before each cut.

PREP TIME: 10 min. | **FREEZE TIME:** 1 hr.
TOTAL TIME: 1 hr. 20 min. | **SERVES:** 8

- 4 cups (1 L) vanilla ice cream
- 1 graham cracker pie shell (available in baking aisle)
- 3 cups (750 mL) thawed frozen berries (or 2 cups/500 mL fresh berries such as blueberries, blackberries, raspberries, sliced strawberries)
- ¼ cup (60 mL) icing sugar, or to taste
- mint sprigs for garnish (optional)

1. Leave ice cream at room temperature about 15 min., or until soft enough to easily press with

back of spoon. Working quickly, scoop ice cream into pie shell, pressing and spreading to edges and slightly mounding in the middle. (Don't worry if the shell crumbles a bit, it will hold together once frozen.) Cover and freeze until solid, minimum 1 hr., or overnight.

2. Stir icing sugar into berries.

3. Cut ice cream pie into wedges and plate. Top slices with berry mixture. Garnish with mint sprigs, if desired.

PER SERVING (¼ of the recipe)
290 Calories | 4 g Protein | 13 g Total fat |
6 g Saturated fat | 30 mg Cholesterol | 41 g Carbs |
2 g Fibre | 29 g Sugars | 170 mg Sodium

DIY Pies

Making ice cream pie is so simple: Spread softened ice cream in a ready-made graham cracker crust and top with whatever you like. That's it! Here are some luscious combos we love.

SALTED CARAMEL TRUFFLE
Chocolate ice cream + caramel drizzle + Himalayan pink salt

BANANA SPLIT
Vanilla ice cream + sliced banana + chocolate drizzle + maraschino cherries

BLACK FOREST
Chocolate ice cream + halved pitted fresh cherries + whipped cream + chocolate shavings

RED & WHITE
Strawberry ice cream + toasted coconut + fresh strawberries



NEW!

GO FRUITY!

Our frozen fruit bars have no artificial colours or flavours and are sweet, frosty and refreshing.

Sensations by Compliments Fruit Bars, 6 pk

GO CREAMY!

Whether you like yours with chocolate, nuts or caramel — or a little of everything — our ice cream bars are the perfect simple summer indulgence.

Sensations by Compliments Ice Cream Bars, 6 pk



IT'S THE WEEKEND!



Compliments Caramel-Flavoured Sundae Syrup, 428 mL



Compliments Ice Cream Cones, 18 pk

Compliments Ice Cream Cups, assorted colours, 18 pk



Compliments Waffle Cones, 12 pk



Tip

Use frozen fruit in place of fresh in our Ice Cream Pie with Summer Berries.

Compliments Organic Frozen Mixed Berries, 600 g



Try all our flavours!

Compliments Ice Cream, 1.5 L



Check out the fun selection of cones and cups in our grocery aisles.



More PARTIES!

Go ahead, host that family reunion — or grad celebration or long-weekend block party. With our selection of 60+ entertaining trays, planning a summer's worth of fun is easy. Here's how to order.

1. Visit [sobeys.com/entertaining](https://www.sobeys.com/entertaining) to browse our full selection.
2. Order and pay online.
3. Pick up in-store in as little as 24 hours.



Availability of certain products may be limited in some stores. Most products will be in-store Thursday, May 10 to Wednesday, August 8, 2018. Stores reserve the right to limit quantities. Product packaging of some products found in-store may be different from packaging shown.